



SUMMER'S BOUNTY
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WITH ROASTED
TOMATOES {page 18}

SET PHASERS TO FUN
ACTORS NEEDED FOR
STAR TREK/STAR WARS
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**CATSUIT
BACKLASH
DOESN'T FAZE
HATHAWAY**
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OVER
\$15
IN SAVINGS
SEE PAGE 4

HALIFAX

metro®

Thursday, August 11,
2011

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News worth
sharing.

Health. Charity



► Members of the Sobey's Penhorn Heartbeats team yell "charge" as they pedal around Dartmouth Crossing aboard the Heart and Stroke Big Bike yesterday. More than 100 teams are scheduled to ride the bike in 36 communities around the province this summer to raise money for the Heart and Stroke Foundation.

RYAN TAPLIN/METRO

It takes a big heart to ride the Big Bike

Speculation mounts over MacKay visit

► Province, HRM waiting for federal support for convention centre project

RYAN TAPLIN/METRO



► Peter MacKay

A hastily scheduled event featuring Defence Minister Peter MacKay next week in Halifax has once again fanned the flames of convention centre speculation.

MacKay is set to address the Halifax Chamber of Commerce on Monday morning. According to his office, he'll be discussing "federal investments on infrastructure in Nova Scotia's economy."

MacKay's office was mum on the specific content of Monday's event, as well as the nature of another announcement scheduled for Tuesday.

Premier Darrell Dexter will be in attendance on Monday, but will not be speaking.

"(Dexter) pretty much knows what's going to be announced, but it's not his announcement to make," said Jennifer Stewart, Dexter's press secretary.

Chamber of Commerce spokeswoman Janet Creamer said they received the call to schedule the

event on Tuesday morning.

"We're under the impression they're making some announcement," said Creamer. "They

definitely did say the infrastructure projects he'll be talking about ... (include) the convention centre and the shipbuilding project."

MacKay made headlines this week when he told reporters there were details still to be worked out, but the federal government was "ready to go" on the convention centre file.

The federal government was initially asked to contribute \$47 million to the project. Since April, the overall cost of the project has gone up, but it isn't known if the federal portion of the ask has increased.

● ALEX BOUTILIER

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Asian shipping carrier skips out on Halifax

► Consortium has promised to talk to Halifax port again in 2012 for possible return ► Halifax was sole Canadian port of call for carrier

RYAN TAPLIN/METRO



► The Halifax Port Authority terminal, Halterm, is facing the loss of a large customer next month, Asian carrier Green Alliance.



JENNIFER TAPLIN
@METRONEWS.CA

A major Asian cargo carrier is giving Halifax a pass.

The Green Alliance, a consortium of companies that has made weekly stops in Halifax since 2009 recently submitted their notice to the Halifax Port Authority.

It represents about five per cent of the port's container traffic.

Michele Peveril with the

Port of Halifax said the company is dropping Halifax because it's a "discretionary" port, which means not located in a major population centre.

They'll continue to make calls to their other ports in New York and Savannah.

"They were looking to make a schedule change and tighten up their service string," Peveril said.

"They have indicated to us this is not a reflection on Halifax cost, service or infrastructure. This relates

more to a review of their schedule and a shift in this service."

The Green Line carries a number of consumer goods for stores like Canadian Tire throughout Atlantic and Central Canada.

Peveril said she hopes their customers will be picked up by the three other Asian lines that stop in Halifax.

When asked if this news sends a negative message to other carriers, she said no.

"Halifax is fortunate that

we have a wide variety of shipping companies that call here, so there are other services that can serve that same area," she said.

Corporate members of the Green Alliance include Cosco Container Lines, K Line, Yang Ming and Hanjin Shipping.

The carrier runs from Southeast Asia, Hong Kong and South China to North America.

The Green Alliance's last call in Halifax is scheduled for Sept. 20.

Tires slashed on 15 vehicles

Several Dartmouth residents awoke to an unwanted surprise yesterday morning.

Halifax Regional Police say six vehicles had their tires slashed on Oakwood Court, with the same incident occurring to nine vehicles in the Tacoma Centre area.

Two males were later arrested on Athorpe Drive. A police dog tracked down a third person, who was taken to hospital for treatment of a minor injury that occurred during his arrest.

The male received what police called a small bite from a police K-9 unit dog after he fled, hid in the woods and then ran from police again. ● METRO

Man pinned by car in Lunenburg

Police say a man was pinned when a car rolled away from its parking spot yesterday near the Bluenose II restoration site in Lunenburg.

Witnesses freed the 19-year-old and he was treated at the scene by paramedics before being transported to hospital with non-life-threatening injuries.

RCMP and the Nova Scotia Provincial Department of Labour are investigating separately, but the police don't anticipate charges.

● METRO

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news


'Amazing' success in test of leukemia treatment that turns blood cells into cancer-hunting assassins. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Although Canada faces risks because of global economic volatility, Jim Flaherty says he still plans on balanced budgets by 2014. Video at metronews.ca



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RYAN TAPLIN/METRO



► Police say a car driven by an impaired driver smashed through trees on this median on Sackville Drive late Tuesday night.

Driver branches out, hits rock bottom, hides in woods

- Man appeared in court yesterday to face charges
- There were a few scared pedestrians but no injuries



JENNIFER TAPLIN
@METRONEWS.CA

An alleged drunk driver took out close to a dozen trees and came close to hitting two pedestrians in Lower Sackville on Tuesday night.

Cpl. Scott MacRae said Halifax RCMP received the call about an abandoned car on the rocks on Riverside Drive shortly after 11 p.m.

Through their investiga-

11
The number of trees police say were flattened by the car driving over the median.

tion and speaking with witnesses, RCMP officers discovered a tan-coloured Impala was on Beaver Bank Road and turned left onto Sackville Drive.

"It went onto the median and took out all the

trees and almost struck two pedestrians. Fortunately no one was hurt or struck," MacRae said.

The car ended up on the rocks on Riverside Drive — a residential street — and the driver ran off into the woods.

"Police found him coming out of the woods and arrested him," he said.

The 23-year-old man is facing charges of impaired driving, refusing a breathalyzer and dangerous operation of a vehicle.

Midwifery program faces oblivion, report says

THE CANADIAN PRESS FILE



► Maureen MacDonald

Nova Scotia's two-year-old midwifery program is on the verge of collapse because the system is beset by "anxiety, uncertainty and a loss of public confidence," says an independent assessment released yesterday.

The report was commissioned by the province's Health Department earlier this year after concerns surfaced about a shortage of midwives in the province.

A panel of four experts found there was personal conflict, a lack of trust and tension among health-care professionals who are still having trouble getting used to midwives as providers of primary maternity care.

The team was led by Dr. Karyn Kaufman, a professor at McMaster University in Hamilton, and former midwifery implementation co-ordinator

"I remain very committed to providing midwifery services as an option for moms. My focus is on moving this program forward."

HEALTH MINISTER MAUREEN MACDONALD, WHO DECLINED TO COMMENT ON THE REPORT'S RECOMMENDATIONS, SAYING SHE AND HER STAFF ARE STILL STUDYING THE DOCUMENT

for the Ontario Ministry of Health.

"In our view, midwifery in Nova Scotia cannot long survive in its present state," says the report. "If nothing is done, the profession will collapse and the benefits of regulation will not be realized."

The report suggests problems were particularly acute at the IWK Health

Centre, which stopped offering the services of its four midwives in December. One of them returned to work last month.

The hospital's "integration difficulties" stemmed from a short lead-in time for the program and a "awkward fit" with the IWK's employment model, it said.

THE CANADIAN PRESS

Threat on Bedford Hwy. leads to seizure of crack and Taser

known to him after getting out of his car in the 600 block of the Bedford Highway.

He then left with a woman in a car, but both were later arrested by Halifax Regional Police.

Crack cocaine, drug paraphernalia and a Taser were seized from a residence in the same block, police allege.

● METRO



For more information visit
metronews.ca

67 impaired charges laid

Police in HRM say they charged 67 people with impaired driving last month.

Half of those charged were between the ages of 18 and 29, and included 59 men and eight women.

Patrols caught 33 people, 30 were called in by the public and four were a result of collisions.

Additional seven-day suspensions were issued to 22 people. ● METRO

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Shanghai family discovers the beauty of good advice on Atlantic shore

While an eye for beauty is similar around the world, banking methods are very different in a new country, according to Quanhong Chen, who brought his family to Canada in 2009.

Drawn to Atlantic Canada's peaceful beauty, Mr. Chen and his wife Li – successful beauty professionals from Shanghai – soon realized the challenges of settling in a foreign land. Fortunately, they found solid financial advice, in their native language, to unveil their goal of homeownership by the sea.

By chance, during a tour of Halifax, the family's creative spirit was ignited when they stumbled upon a house that matched Mr. Chen's aesthetic ideal. "I always dreamed of a home with a view of water, trees and flowers," he recalls, describing the six-bedroom home on Bedford Basin that bore no comparison to their cramped Shanghai apartment.

But beauty seemed fleeting when their bank offered them unattractive mortgage terms due to their short Canadian credit history. On the suggestion of a friend, they visited Scotiabank where they were greeted by a Mandarin-speaking personal banking officer who explained all the details of home-buying in Canada.

"This was our first mortgage ever and we didn't know anything about the real estate market," says Mr. Chen. He notes that the Scotiabanker took the time to carefully explain the various mortgage options.

In fact, Scotiabank has earned considerable praise from immigrants for offering tailored services such as the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA® card options³ and a number of other customized services and benefits.

A year after moving into their seaside home, the Chens are very happy with the service they received from Scotiabank, and Mr. Chen also appreciates the good advice he received in his native tongue, "It was so important to have a banker from our own culture who could give suitable advice. A mortgage is a very serious decision and it's hard to talk about this topic in a new language."

Mr. Chen also advises other newcomers to seek quality counsel from a banker who understands their concerns, including the need for credit upon arrival to help cover high settlement costs.

Now the Chen family is busy, both enjoying and enhancing the local beauty, as operators of the Cantrust Salon in Clayton Park, Halifax. "While business and banking are different here, beauty is the same – we love the friendly people, and we feel positive about our future."

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FRED JACKSON, 54

Post editor loved sport, family

Fred Jackson, a former managing editor of the Cape Breton Post known for his good humour and love of sport, died yesterday. He was 54.

Jackson left the Post last year after serving as a senior manager for 18 years.

He was recently interviewed by the newspaper about a new business venture in Sydney. Though he declined to say what it was, the Post reported that it was a proposed microbrewery.

He is survived by his wife, Beatrice, and five daughters.

Anita DeLazzer, the Cape Breton Post's publisher and general manager, said the newsroom was in a state of shock yesterday.

THE CANADIAN PRESS

Tweets turn to squawks as pols debate energy

It all started when the Progressive Conservatives launched a website.

Early yesterday, the Tories unveiled letstalkrates.ca, requesting feedback from Nova Scotians on energy rates to present to the Utility and Review Board for a proposed power-rate hike.

Jamie Baillie, the Tory leader, said higher energy rates, in addition to higher taxes and a difficult economic climate, worry him.

It's a familiar message — so familiar the Liberals couldn't help but point

Pointing fingers

► The NDP tweeted that the Lower Churchill deal and inaction by previous governments has put the province in a difficult position.

out that they, too, have called attention to the issue of power rates before.

The squabble spilled over to Twitter, where all three political parties offered their competing ideas for energy.

● ALEX BOUTILIER

Calling all Trekkies and Star Wars fans



► Spock would no doubt take a reasoned approach to the "mashup" of Star Trek and Star Wars in this year's Play in a Day, titled Star Truck — A Space Oddity: Revenge of the Clones.

Come out to Play in a Day

Last year's Play in a Day extravaganza raised \$10,000 through fundraising and ticket sales. A ticket includes

the opening gala, the performance and an invitation to the wrap party.

All funds go to the not-for-profit Legal Information Society of Nova Scotia, which offers free legal information to the public.

● RACHEL WARD

► Actors, crew still needed for show Oct. 15 at Bella Rose Arts Centre ► Play in a Day fundraiser

RACHEL WARD
HALIFAX@METRONEWS.CA

Trekkies, grab your lightsabres.

Star Trek and Star Wars fans willing to shamelessly conflate the two franchises are invited to sign up for this year's theatre fundraiser for the Legal Information Society of Nova Scotia.

Play in a Day — a theatrical free-for-all that gives participants exactly 24 hours to produce a full-scale play, complete with lighting and props — needs 18 more volunteers.

Last year, actors learned lines and performed a choreographed dance for Gizzard of Id, a spoof of the movie classic The Wizard of Oz.

Perhaps shaking the foundations of the universe, this year's blasphemous title is Star Truck — A Space Oddity: Revenge of the Clones.

"I haven't seen the script yet, but I think



there will be some scripted sort of confusion because of the different star franchises," said Gwen Atkinson, a founder and organizer of Play in a Day. "So you're going to have somebody who looks like Spock with a lightsabre."

Teams made up of the cast and crew will be raising money for two months before this year's production day of Oct 15 at the Bella Rose Arts Centre.

Specialized theatre mentors, hand-picked by director and playwright Jeremy Webb, will guide the volunteer cast and crew of 50 to quickly produce a successful event in only one day, Atkinson said.

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Robbed — by callous ‘Good Samaritans’

The video has become synonymous with London's rioting: A young man, bleeding and dazed from a mugging, is helped from the ground by youths — who promptly unzip his backpack and callously make off with its contents.

But who is he?

The young man is 20-

year-old Malaysian accounting student Mohammad Asyraf Haziq, who was cycling with a friend in east London on Monday to a gathering to break his Ramadan fast, said friend Dzuhair Hanafiah.

The details are as chilling as the video. First, about 20 teens and pre-teens surrounded him.

Then they grabbed his bike, took his cellphone and broke his jaw, Hanafiah said yesterday.

"The next thing he remembered, his mouth was full of blood," said Hanafiah, a member of the London Umno club, a society for Malaysian students.

The video of the attack

on Haziq went viral and has become one of the most memorable scenes from four days of unrest.

Hanafiah said Haziq was helped by a local woman who brought him into her home. Using Facebook, she helped him contact a friend. Finally, he got to a hospital.

THE ASSOCIATED PRESS



► In this image from an amateur video, a gang of youths surround Mohammad Asyraf Haziq.

PM won't bow to 'culture of fear'

► Britain's Cameron warns rioters he'll fight: 'Nothing is off the table'

Britain's prime minister hammered out a tough line against rioters yesterday.

David Cameron promised not to let a "culture of fear" take hold.

"We needed a fightback and a fightback is underway," Cameron said in a sombre TV statement outside his Downing Street office after a meeting of the country's crisis committee.

And he warned "nothing is off the table" — including a water cannon, used in Northern Ireland but never deployed in mainland Britain.

Cameron has recalled parliament from its summer recess for an emergency debate today.

Four days of riots and looting across the nation have both outraged and frightened citizens.

LONDON: An eerie calm prevailed yesterday as thousands of extra police flooded the streets.

Scenes of ransacked

805

The number of arrests so far in London. Courts are being staffed around the clock to process looters, vandals and thieves — including one aged 11.

stores, torched cars and blackened buildings marked the capital.

BIRMINGHAM: Police launched a murder investigation into the deaths of three men hit by a car.

Residents said the dead men, aged 21 to 31, were members of the South Asian community who had been patrolling their neighbourhood to keep it safe from looters.

"They lost their lives for other people, doing the job of police," said witness Mohammed Shakiel, 34. "They weren't standing outside a mosque, temple, synagogue or church —



► Tariq Jahan holds a picture of his son Haroon Jahan, who died after being knocked down by a car along with two other men while protecting their community from looters.

they were standing outside shops where everybody goes.

"They were protecting

the community."

LIVERPOOL: Local Premier League rivals Liverpool and Everton issued a

joint appeal yesterday for the violence in the northern city to end.

THE ASSOCIATED PRESS

Muslims urged to launch web war

Militant online forums are abuzz with calls to Muslims in Britain to launch Internet campaigns in support of the British rioters and to urge them to topple the government.

Dozens of contributors yesterday suggested Muslims in Britain should flood social media websites such as Facebook and Twitter with slogans and writings inciting the British youth to continue rioting.

One contributor says the rioters should adopt slogans similar to those used by Arab protesters during the uprisings in the Middle East this year.

One contributor says "chaos is useful to militants in London."

THE ASSOCIATED PRESS

Norway killer convincing police he's a loner

Anders Behring Breivik was a loner, investigators increasingly believe.

The man who confessed to killing 77 people in last month's attacks in Norway planned and committed them on his own, a prosecutor said yesterday.

Breivik detonated a bomb outside government buildings in Oslo on July 22, killing eight people.

Then he shot dead 69 others at a youth camp on an island outside the capital.

There was initial speculation that others were involved in the attack.

But prosecutor Christian Hatlo said that after 40 hours of questioning, police are fairly certain Breivik acted alone and that he appears to be telling the truth.

Hatlo said police have been able to verify much of what Breivik told them about the attacks, and they had not discovered "any direct lie, yet."

"That is also why we, with a certain confidence, can say that he was alone, but I have to emphasize that we have not concluded yet," Hatlo said.

THE ASSOCIATED PRESS



► Anders Behring Breivik

News in brief

Radical group behind bombs?

MEXICO CITY. An anti-technology group has issued a manifesto claiming responsibility for at least two bombings that injured two professors in Mexico and praising the so-called Unabomber whose mail-bombs killed

three and injured 23 in the United States.

THE ASSOCIATED PRESS

Cocaine a bolt from the blue

BUENOS AIRES. Customs officials say a man with a box of metal bolts in his baggage tried to board a flight to South Africa. Agents found the hollowed-out bolts hid 45 pounds of cocaine.

THE ASSOCIATED PRESS

HURRICANE SEASON

Canada will send help to Jamaica

Canada is sending three helicopters and 65 military staff to Jamaica to help out during what is expected to be a rough hurricane season.

Defence Minister Peter MacKay says the military will assist with search and rescue during the season,

which lasts through November.

The announcement at CFB Trenton yesterday follows a request from the Jamaican government.

Forecasters say high ocean temperatures and atmospheric conditions point to an above-average storm season in the Caribbean.

The U.S. National Oceanic and Atmospheric Administration is predicting seven to 10 hurricanes.

THE CANADIAN PRESS

U.S. hits Syria with sanctions

Ratcheting up the pressure, the Obama administration slapped sanctions yesterday on Syria's largest commercial bank and cellphone operator as it moved to demand the end of four decades of dictatorship under the Assad family.

The Treasury Department added the state-owned Commercial Bank of Syria and its Lebanon-based subsidiary, the Syrian Lebanese Commercial Bank, to its sanctions list, citing their links to human-rights abuses and to illegal weapons trade with North Korea. Mobile phone company Syriatel was targeted because it is controlled by "one of the

"We are taking aim at the financial infrastructure that is helping provide support to Assad and his regime's illicit activities."

DAVID COHEN, U.S. TREASURY DEPARTMENT

regime's most corrupt insiders," said David Cohen, the department's undersecretary for terrorism and financial intelligence.

The action freezes any assets the firms have in U.S. jurisdictions and bans Americans from doing business with them.

THE ASSOCIATED PRESS

Gadhafi's 'dead' son appears on Libyan TV

LIBYAN TV/THE ASSOCIATED PRESS



► This video image broadcast yesterday by Libyan TV purports to show Moammar Gadhafi's youngest son, Khamis Gadhafi, left.

► **Rebels claim commander was killed in a NATO airstrike last week**

Libyan state television broadcast images yesterday of a man it said was Moammar Gadhafi's youngest son in an attempt to refute rebel claims that he had been killed in a NATO airstrike.

Rebels claimed on Friday that 27-year-old Khamis Gadhafi, who commands one of the best trained and equipped units in the Libyan military, was killed in the western front-line town of Zlitan. The regime dismissed the claim and said the rebels were only trying to deflect attention from the killing last week of the opposition's military commander, possibly by other rebels.

The images on television showed the son at a Tripoli hospital visiting people wounded in a NATO airstrike and said it was on Tuesday. If genuine, it would be the first time he has been seen in public since the reports of his death.

State television also showed funerals for dozens of civilians it said had died in another NATO airstrike

A revolt stalled

► The Libyan revolt that began in February has sunk into a deep stalemate in the past few months, with the rebels holding on to most of the eastern half of the country that they captured early on and Gadhafi's regime controlling most of the west. Neither side has been able to tip the balance into an outright victory, even with months of NATO airstrikes pounding regime targets.

on Tuesday in Zlitan, a main front for the rebels fighting Gadhafi's troops. It is about 140 kilometres southeast of Tripoli.

The channel has been airing images in black and white to honour a three-day mourning period for the 85 people the government said lost their lives in Zlitan.

More than 200 people gathered around about 40 coffins set on the ground in a cemetery under the shadows of palm trees.

THE ASSOCIATED PRESS

EU expands penalties

In other developments, the European Union said it was adding two more Libyan businesses to its list of companies and individuals targeted by sanctions. A statement said the two firms would be named today in the EU's official journal.

So far, the 27-nation bloc has frozen the funds of six port authorities, 49 state-run companies and 39 individuals "involved in the serious human-rights abuses in Libya."

The 39 individuals, who include Moammar Gadhafi and several of his family members, are also banned from travelling to the bloc.

THE ASSOCIATED PRESS



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Full speed ahead on spending cuts: Flaherty

► 'We will stay the course. We will stay on track,' finance minister says of plans to balance budget by '14-'15 ► But concedes economy faces risks

Canada's economy remains stable and growing despite volatile global markets, but the uncertainty poses risks for the country, Finance Minister Jim Flaherty says.

However, Flaherty said yesterday that he will stick with his plan to balance the government books by 2014-15 in part by finding \$4 billion in annual savings in spending.

Flaherty said U.S. and European difficulties have not prevented the Canadian economy from performing "relatively well."

"Our focus is on creating the right conditions for more jobs and stronger economic growth," he said.

The comments follow several days of market upheaval that has seen the Toronto stock market drop sharply.

Peggy Nash, the NDP finance critic, said Flaherty isn't doing enough to cushion the economy from another slump. "What we







► Finance Minister Jim Flaherty talks to reporters yesterday as he arrives at his fifth annual summer policy retreat in Wakefield, Que.

would have liked to have seen was a little more flexibility on the part of the minister," she said. "What we don't need right now is rigidity or even an ideological approach to our finances."

Nash said Flaherty should be looking at infrastructure spending as a way of stabilizing the economy.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
+ 89.63 (12,198.89)	- 1.64¢ (100.52¢ US)	+ \$3.59 (\$82.89 US)	\$4.003 (+ 0.9¢)
			Gold \$1,784.30 (+ \$41.30)

Assange assailed in Kindle e-book

A British journalist's inside take on WikiLeaks founder Julian Assange will be published in the U.S. as an e-book "single."

Digital publisher RosettaBooks says Heather Brooke's Assange Agonistes can be downloaded for \$1.99 US through Amazon.com's Kindle Single program.

The e-book is a first-person narrative of Brooke's disillusionment with Assange, whom she initially admired as a "warrior



► Julian Assange in London last month.

for freedom," but later decided was "unsettlingly, even bafflingly, unaware of any notion of personal boundaries."

THE ASSOCIATED PRESS

CHANGING THE CHANNEL

Viewers hang up on pay TV

The weak economy is hitting Americans where they spend a lot of their free time: They're cancelling or forgoing cable and satellite TV subscriptions in record numbers.

In a tally by the Associated Press, eight of the nine largest pay-TV providers in the U.S. lost

195,700 subscribers in the April-to-June quarter. That's the first quarterly loss for the group, which serves about 70 per cent of households. The loss amounts to 0.2 per cent of their 83.2 million video subscribers.

The chief cause appears to be persistently high unemployment and a housing market that has many people living with their parents, reducing the need for a separate cable bill. But it's also possible people are turning to cheap Internet video. THE ASSOCIATED PRESS



► Harper and Santos

Human-rights critics are phonies: PM

Critics of free trade with Colombia who talk about human-rights abuses are really more concerned about protectionism, Stephen Harper claims.

That was the prime minister's blunt message yesterday in Bogota as he

stood beside his Colombian counterpart, President Manuel Santos, on the eve of a historic free-trade deal.

"I think there are protectionist forces in our country and in the United States that don't care about development and prosperity in

this part of the world," he said. "That's unfortunate."

The NDP tried to block the deal, which takes effect Monday.

Harper said Colombia's past should not get in the way of trade.

THE CANADIAN PRESS

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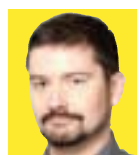
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WHAT TO SAY WHEN DEATH IS STARING AT YOU

HE SAYS ...

JOHN MAZEROLLE
METRO



As The Guy Who Almost Died, I have important lessons to teach you about life and death.

First, it's never a good situation when you're hoping

for phlegm.

That's what I'm doing as I write this in an ER, hoping that my dry cough will change to something grosser — something a teenage boy eating Oreos would be proud to expectorate.

I have a blood disorder that nearly killed me several years ago, and the only persistent symptom was a dry cough. It brought to mind those Hollywood roles in which blonds supposedly on death's door cough tasteful amounts of blood into a white kerchief.

But eventually my symptoms progressed to waking up under my desk thinking, "This isn't good." If you develop the keen medical eye I have, you'll come to recognize that as a bad sign.

With this background, I prefer coughs to be horrible phlegm-filled monstrosities, because then I know I have a cold. When I have a dry hack with no other symptoms, I start hiding my more embarrassing sex-related sessions and making sure I'm wearing clean underwear.

As you can see, my Guy Who Almost Died wisdom runs deep. As such, I offer the following life lessons to save you the trouble of nearly dying. You're welcome.

Loved ones rock: People overplay how important it is to have a positive attitude when sick. It's

like the train jumped the tracks and everybody's talking about how brave you were when all you did was hold tight and say, 'Whoooooaaah.'

On the other hand, it made a big difference for me to see family and friends around me smiling and happy, as opposed to the doctor who (I swear) kept looking back and forth between me and the body bags.

Victimhood sucks: I joined a Facebook group for survivors of my condition, but it was mostly people talking about how they'd never live without fear again. What's the point?

It's like my hero, the sheep from Garfield, says: There are problems you can do something about, so why worry? And there are problems you can't do anything about, so why worry?

Love your body: People who look in the mirror and say, "I hate my body" because it's not perfect deserve a slap. People with, say, ALS can hate their bodies if they so choose.

You have to love yours. That's a rule.

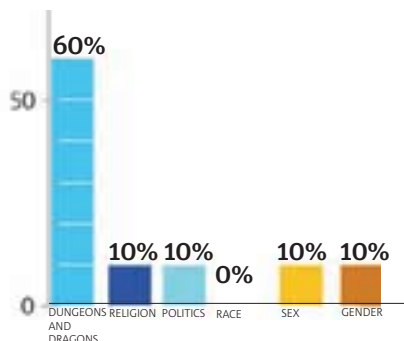
Even love the bad stuff. Especially the phlegm. Cough, cough, ahem.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

What taboo topics do you and your friends never talk about?



Local tweets



► @gobrownn: I'm so hungry that I could eat the north end of a south-bound skunk. #Halifax
► @dukertons: Really happy @chefraybear is leaving #Halifax, give some other talented chefs in the city a chance to showcase their culinary skills
► @HalifaxRobert: Heard a few comments about it being winter-like in #Halifax. I think those people forget what winter is really like here! Ha
► @PMombourquette: Just looked at the long term

forecast for Halifax....oh boy....summer please get here before September
► @ShelleyD1973: Where the hell is summer in #Halifax? I've been waiting for you all year. :((
► @bruceley: Am today willing to accept/believe that #halifax has 8 months of winter preceded by 4 months of autumn.
► @needsanickname: Spending the day in Halifax. Nice city too bad I didn't bring a toque
► @gerrydee: Most depressing weather in Canada has to be Halifax this summer.

Worth Mentioning

TOMATOES. Any way you slice it, the tomato is one confusing comestible.

Is it a fruit or a vegetable? This is the kind of thing that can spark quite the argument, with both sides passionately supporting their claims. Oddly enough, both are right, at least according to the USDA's Economic Research Service. Yes, botanically speaking the tomato is a fruit, but horticulturally and legally it is considered a vegetable.

This debate has been adjudicated by none other than the U.S. Supreme Court. It happened in the late 19th century in connection with a challenge to tariffs on imported produce. The high court ruled that despite the botanical definition, tomatoes are a vegetable, in part because at the tables of the time they were served as "the principal part of the repast" and not as dessert.

No telling what the justices would have done in today's envelope-pushing culinary world of tomato jams and gelatos.

In the U.S., today's tomatoes are mainly tariff-free since those that aren't grown domestically are mostly imported from Mexico and Canada, which are covered by the NAFTA free trade zone.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Somebody has been eating her porridge...

A woman who turned her rural Northern California home into a spa for wild bears won't go to jail.

The San Francisco Chronicle reports that Lynne Gravier of Laytonville pleaded guilty Monday in Mendocino County to a misdemeanour charge of feeding big game.

However, prosecutors agreed to drop the charge in three years if Gravier agrees to stop her bear feeding.

Gravier says she's glad it's over.

The 77-year-old woman set out a wading pool and bought thousands of pounds of food to feed her guests with corn meal and peanut butter sandwiches.

Neighbours complained that the bears killed livestock and broke into homes.

Last year, authorities found 15 black bears at Gravier's home. The filthy house was condemned, and Gravier now lives elsewhere.

THE ASSOCIATED PRESS

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THURSDAY, AUGUST 11, 2011

11

Busker festival still going strong 25 years later

- More than 60 performers from across globe in Halifax for this year's event
- Five different stages on Halifax waterfront for spectators to see acts

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



I can remember coming home from summer camp and running

right to the waterfront for the Halifax International Busker Festival.

I was one of those attention-grabbing kids who would awkwardly waddle far too close, inadvertently including myself in the act.

I have since retired from busking, but happy to see that after 25 years, the largest busker festival in Canada is still going strong.

Kim Hendrickson, president of ESP Productions, has had a front-row seat for the maturation of the festival.

"We have sound systems and bleacher seating now because the crowds are so big," she says. "A far cry from its origin during turn-of-the-century London."

Running through Sunday on the Halifax waterfront and kicking off a week ago, the buskers



RYAN TAPLIN/METRO

► Galumph performs at the Halifax International Busker Festival on the Halifax waterfront on Tuesday.

have jumped with both feet into the future by giving a tip-of-the-hat to the past.

Hendrickson shares that late-night waterfront shows have been exchanged for a festival throwback.

"We're taking it back to the streets," Hendrickson

On the web

► For a full list of performers and schedules, visit buskers.ca.

says. "Busker shows will appear and pop up on a street as Rogue Shows. We'll be concentrating on

the downtown area like Argyle Street."

Giving these gorilla-style performances a hint of mystique, Hendrickson suggests to hop on their Facebook and Twitter pages for clues, so you don't miss out as the festival winds down.

This year the festival

stages a variety of talent from around the world.

"We get hundreds of applications ever year," she says. "We try to have different talent every year and a few returning artists, that's why we have the people's choice award so that we know who people really liked."



News in brief



Alec Baldwin says he's thinking of running for mayor of New York, but not until he learns more about the job. The 30 Rock actor tells The New York Times he'll sit out 2013 but will consider running in a later election.

THE ASSOCIATED PRESS



Reality show star's lawyer says Teen Mom 2 drug test led to probation violation charge

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5. [See also the Portlandian Warranty](#)

3. [See also the Portlandian Warranty](#)

3. www.pearsoncmg.com is the source of the following information:

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Getting closer to Glee cast

► Stars of the musical hit show talk about the challenges of doing a live concert movie ► And in 3D no less

NED EHRBAR
SCENE@METRONWS.CA
METRO WORLD NEWS IN LOS ANGELES

For most television actors, the months between filming seasons of a show is a time for vacation or squeezing in film roles. For the Glee kids, not so much. Instead, they hit the road to tide their fans over until new episodes hit the air. And now the cast makes the jump to the big screen with Glee: the 3D Concert Movie, a best-of mix of their stadium tour that took them across the U.S. and to Europe during their summer off.

While the live tour isn't

a new thing for the Glee cast — they did the same last summer — the experience of playing to 20,000 fans a night isn't something they find easy to get used to.

"It is different because on a set it's closed off. I think crowds are a little more forgiving than your script supervisor," says Darren Criss, who plays Colfer's private school-attending boyfriend Blaine.

The concert film also features some cute backstage interviews with the cast, done as their on-screen characters — an acting exercise that proved more difficult for some, it turns out.



► Want a way to feel closer to your favourite characters on Glee? Now you can as they're coming to the big screen in 3D.

"It's hard. I definitely blew it a couple of times," Criss says.

In one particularly humorous moment, Michele's Rachel is told that her idol, Barbra Streisand, is in the audi-

ence that night, which renders her speechless.

Michele admits real life isn't that far off.

"I did get to meet her," she says. "I held it together and cried when she walked away."

Backstage interviews aside, Michele says keeping in character on tour wasn't a priority.

"Some of us onstage, if they wanted to really embody their characters, they did," she says. "I feel like I

did a nice blend of Rachel and of Lea while I was on stage performing. We are our characters, but when we walk off stage we are definitely ourselves."

Adapting their live show for the presence of cameras might have seemed like a challenge for the cast, but they say that during the two days the film crew was with them the bigger problem was remembering they were there.

"I kept seeing this woman who was walking backward backstage," Michele remembers. "Every time would walk toward her, she would start walking backward in front of me. I was like, 'This woman has lost her mind.' And then I realized she had a camera on the front of her and she was videotaping me walking."

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- Karl Wolf - Ghetto Love
- David Guetta ft Flow Rida - Where Them Girls At
- Rihanna - California King Bed

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Material Girl 2.0

Even though she's got her own fashion line, Lourdes Leon — better known to the masses as Lola, the daughter of Madonna — admits that she had a lot to learn when she first launched the Material Girl brand.

"It was really hard at first because I didn't know what I was doing," Lola, dressed in a tank top and jean cutoffs, said in a recent interview.

"I was like, 'You know, not a lot of people wear this. Let me just wear it.' It wasn't even that it looked good on me. I was just like, 'Let me do this because not a lot of people are doing it.' Now I feel like I can follow fashion a lot better than I used to, but also have some of my own take on it."

Her learning curve is understandable: After all, she's just 14. But she's already a fashion star with Material Girl, which is geared toward teens and sold at Macy's. The line, which she launched with her mother last year, is now branching out into cosmetics, undergarments and nail polish.



► Lourdes "Lola" Leon

Your mom once said that the two of you don't always agree on designs.

Absolutely. Every day. ... I will be like, "Mom, you can't wear that." Or she will be like, "Lola, you can't wear that." A lot of the time we don't listen to each other, but sometimes we do.

When it comes to designing Material Girl, who wins out?

Me. I have to tell her, "Mom, it is the in thing. This is what kids are doing now. If you don't do this, then it is going to suck." And then she usually gives in.

Do you go to your mom's closet for inspiration?

Her closet is huge. All the time. I am always in there and if no one knows where I am in the house, it is usually my mom's closet and I am usually taking something without asking her. She gets mad at me.

How does it feel to have a clothing line at such a young age?

It is really cool, and also it is a lot of fun to know that my friends enjoy it, and to know that a lot of people enjoy it because it is also a lot of what I like. My friends have great style. I go to an arts school, so a lot of them are really artistic and passionate about a lot of things that inspire what they wear.

Your line has expanded to include nail polish and undergarments. What is your ultimate vision for the collection?

I think it has continued to evolve and now it is at a point where we have so much stuff that I use and that I think other people will really enjoy using, so I like it.

THE ASSOCIATED PRESS

Angie, kids hide out in London

► Brangelina brood in city while Brad films *World War Z* ► Angelina nervous about this week's rioting, but has taken the children out

Angelina Jolie reportedly wasn't too happy staying in London while Brad Pitt films *World War Z* — and that was before this week's riots broke out.

"Angie was a little nervous, but felt safe," a source says.

The riots began amid anger over a fatal police shooting

"She was really scared and worried about the safety of the kids, but, as the day has gone by, we've been able to get a clear picture on what's going on. She felt safe enough to take the children out. Of course, we are not going anywhere near central London."

The family is staying in the suburb of Richmond, while Pitt is currently shooting on the coast.

"Brad is worried," the source says.

"He's pretty safe because he's in Falmouth, but knowing Angie and the kids are in London is what's making him worried."

"He has been calling the house regularly, to make sure they are OK and calm."

● METRO



► Angelina Jolie and Brad Pitt

Arnie's daughter dishes

Katherine Schwarzenegger, the 21-year-old daughter of Arnold Schwarzenegger and Maria Shriver, is opening up about the rocky year her family has had.

"When [the separation] started happening, it was like everything came from nowhere overnight," she

tells Harper's Bazaar.

"I would go out to lunch, and literally 20 people would come and scream at me."

"And I'm like, 'This is so inappropriate; you're trying to provoke me to have an attack and say something crazy.'"

● METRO



► Katherine Schwarzenegger

Hathaway still purring despite lacklustre catwoman debut

With the first image of her as Catwoman released from the set of the *Dark Knight Rises*, Anne Hathaway knows what people think.

Hathaway confronted MTV News about the pic during an interview this week.

"I asked someone to send me a few reactions," she says.

"And I happen to know

that MTV's reaction was 'meh.'"

But the actress isn't worried.

"What I am happy to say is, if you didn't like the photo, you only see about a 10th of what that suit can do," she says.

"And if you did like the photo, you have excellent taste," she said during the interview.

● METRO



► Anne Hathaway



► Jennifer Aniston

Aniston ready to settle down

Jennifer Aniston and boyfriend Justin Theroux are reportedly on the fast track to settling down together, according to *Us Weekly*.

"They have talked at length about getting married and starting a family," a source says of the pair, who are currently vacationing in Hawaii.

"She is anxious for the next phase of her life and feels like this is the time. They both want it to happen."

"She is anxious for the next phase of her life and feels like this is the time. They both want it to happen."

SOURCE CLOSE TO JENNIFER ANISTON

pen soon," the source added.

● METRO

Celebrity tweets



@eliroth

"U.S. credit got downgraded. Guess we're like the Associate Producer of superpowers now."

@rustyrocks



"My mum is on twitter. Is this good? Follow @mummyrusty we'll just have to hope it doesn't get weird."

@edgarwright



"I wonder if sharks have 'People Week'"

@SarahKSilverman



"I really think last year's gonna be my year."

Ronson faces DUI charges

Celebrity DJ Samantha Ronson has been charged with two misdemeanors for her DUI arrest earlier this month on the way back from Las Vegas, according to Reuters.

If convicted she faces up to six months in jail and a \$1,000 fine. ● METRO

More brat behaviour from Bieber

Justin Bieber is racking up more reports of bratty behaviour, this time making a scene on an airplane with his entourage, according to *Hollyscoop*.

The 17-year-old star and his posse reportedly wouldn't take their seats when asked. ● METRO

3 life

Winehouse fashion line

Fred Perry is proceeding with plans to release fashion collections from the late Amy Winehouse. The British label said it came to the decision "after much consideration". Fred Perry will release the fall-winter 2011 range and wholesale the spring-summer 2012 Amy Winehouse for Fred Perry Collection.

THE CANADIAN PRESS



Kate joins first ladies, other royals on Vanity Fair's jet-set fashion list

- Break out your high-heel pumps, your boldest lipstick or your best fedora
- Banana Republic and Mad Men are teaming up to bring retro polish to the modern workplace

The designers have gone Mad!

Mad Men has gone beyond a fashion fad. The AMC show about a 1960s ad agency — in which style is as important as the characters and plot — continues to influence runways and retailers with a branded collection debuting next week at Banana Republic.

The new clothing line also provides a temporary fix for Mad Men devotees awaiting the show's return in 2012. No new episodes of the show aired this year.

The clothes are sexy, and Joanna Coles, editor-in-chief of Marie Claire, says that's one of the things that really has resonated with both viewers and shoppers. The show gives us permission to dress to impress the



► The Mad Men inspired collection features a colour palette dominated by sophisticated navys, reds and blacks.



opposite sex — in fact it encourages it, she observes.

"Mad Men shows you how to look great in the workplace, and it shows you how to work it," Coles says.

It's the rare TV show that glamorizes the office and fills it with attractive people, she says: "When you look at something like The Office, no male executive wants to recreate the style of Steve Carell. No one

wears lipstick at Dunder Mifflin. Mad Men makes the office a more exciting place than it often is, and Banana Republic is trying to channel that."

Madison Avenue during that era was practically a catwalk with men in three-piece suits and fedoras, and women in sheaths and high-heel pumps carrying handle-top handbags.

It's a good look — and one that people look good in,

says Simon Kneen, creative director for Banana Republic. "It's about good tailoring, it's bon ton, and a little more buttoned up and polished."

But, he says, a key part of the collaboration between Banana Republic and the show's costume designer Janie Bryant was to be sure they weren't crafting costumes. The clothes are modern, with shapes and details adapted to a contemporary eye, Kneen explains.

Gone is the enhanced

"It's about good tailoring, it's bon ton, and a little more buttoned up and polished."

SIMON KNEEN, CREATIVE DIRECTOR FOR BANANA REPUBLIC

hourglass created with bust darts and high waistline, according to Bryant.

Fabrics have stretch and are more lightweight, and there is more consideration of comfort.

THE ASSOCIATED PRESS



► Channeling Don Draper today, are we?

Media a la mode

Movies and TV are not uncommon inspiration for fashion designers.

- Vera Wang had her Deadwood collection, Anna Sui mined Doctor Dolittle and Tommy Hilfiger has tapped The Royal Tenenbaums more than once.

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If your walls could talk ...

► Stuck in a home decor rut? ► Dip your paintbrush into some bold and exciting colours

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

Many people feel they know their decor style and spend a lot of time defining it.

The problem is that once they are happy with their decor style, they stop evolving it — it's like people who keep a successful hairstyle or pantsuit for way too long. Like fashion, colours come and go, but most importantly, they evolve.

Brown colours might always be popular, but our favourite version of brown during the 1970s is very different from what was popular in the '80s, '90s or just last year.

About eight years ago I helped a friend choose paint colours for her home.

It is now time to repaint her house and she's hoping to 'freshen things up' but wants to repeat all the old colours. But it's time to evolve her colour scheme and create some new decor memories going forward.

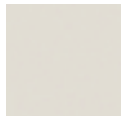
Here's a paint colour update to help you refresh your home without having to change your furnishings and accessories. These new colours will update your

space and complement most everything you originally co-ordinated with your old wall colours.

Golden walls: Anyone that decorates with gold tones usually has a rich, luxurious-style and an over the top decor scheme.

Gold works well with elegant cream upholstery fabrics, shiny gold-gilt pictures frames and dramatic decor touches like marble columns or glass topped dining tables.

Try a new colour: Bone (Cornforth White #228, Farrow and Ball Paints).



Attached to navy walls?

If you decorate with the colour navy then you are a trusted soul in decorating. Every room with navy usually has touches of brown, some version of red and burnished metal finishes.

Try a new colour: Bronze (Benjamin Moore's Meditation AF-395).



In a hunter green time warp?

Welcome to the hunt club — I bet you there are lots of burgundy and gold-coloured accessories in your rooms. Hunter Green is the prestige colour of the mid 1980s.

Try a new colour: Brick

"The problem is that once they are happy with their decor style, they stop evolving it — it's like people who keep a successful hairstyle or pantsuit for way too long."

(Para Paint's Clay SR37)



Confined to burgundy?

Rich burgundy walls adorning bedroom and dining room walls have been popular for a long time. Red has not seen popularity in growth for one reason: brown has been so popular and brown with red is not a favourite scheme for many.

Try a new colour: Plum (Benjamin Moore's Plum Perfect 1371)



Still love those dusty rose walls? That very soft, elegant dusty rose — usually blended with grey (for a modern feel) or with warm champagne (for an elegant look) seems to never go away.

Updating the old dusty rose is not difficult as another classic has emerged.

Try a new colour: Mulberry



► Paint on a whole new colour scheme.

(Benjamin Moore's Bonne Nuit AF-635).



The steely grey daze: If you had/remember steely, cold grey from the 1980s then you must also remember black lacquered coffee tables (with brassy trims) and black leather furniture.

The easy update to this

modern look was to paint the walls white and proclaim your modern life but now we are warming the world up again.

Try a new colour: Driftwood (Farrow and Ball's Light Gray#17).



Stuck in the brown mud?

That bold, 1970s wall

colour quickly went from brown to rust to orange (could we shock the in-laws any more?) and most often stayed a version of orangey rust.

Why not throw the in-laws for a loop again?

Try a new colour: Citron (Para Paints Bean Bag Toss, P5049-42).



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Weekly
Cookbook

Cooking is that much more fun when it's done for your backyard, on the beach, at a picnic or tailgating before the big game. Jamie and Bobby Deen (along with Melissa Clark) have you covered with *The Deen Bros. Get Fired Up* (Ballantine Books, 2011).

Split into four sections (On the Grill, On the Field, On the Blanket and On the Beach), the release features 125 mouthwatering recipes and entertaining ideas to make outdoor dining a breeze.

Among the standouts are: Balsamic Cherry Pork Chops, Spicy Prosciutto-Wrapped Shrimp and Scallop Skewers, Steak House Burgers, and Pulled Barbecue Chicken Sandwiches.



► This recipe serves two and takes 10 minutes to make.



► This recipe serves two and takes 25 minutes to make.

BOTH PHOTOS: MATTHEW MEAD/ THE ASSOCIATED PRESS

Summertime & the bruschetta is easy

► These open-faced sandwiches are made in a few simple steps ► Try something new like using bananas

Banana-Manchego Bruschetta

Preparation:

1 Heat oven to 230 C (450 F). Slice banana in half crosswise; slice each piece in half lengthwise to create 4 pieces. Place banana slices in small bowl; drizzle with lime juice and olive oil. Gently toss bananas to coat, then set aside.

2 Top each slice of bread with half of the arugula; set 2 bananas slices over each. Sprinkle each with bit of cayenne and salt, then half of the cheese. Toast in oven until cheese is melted and starting to brown. Serve.

half top-to-bottom, then trim out stem area at the top of each half. Use fingers to scoop out and discard pulpy-watery centre of each half, then place tomatoes in medium bowl. Drizzle tomatoes with about 30 ml (2 tbsp) of oil toss to coat.

2 Arrange tomatoes on a baking sheet, then season liberally with salt and pepper. Roast for 15 minutes, or until starting to brown

3 Drizzle bread with bit of olive oil, then sprinkle half of rosemary over each. During final 5 minutes of tomatoes roasting, add bread to oven to toast.

4 Remove bread and tomatoes from oven. Use spoon to arrange 4 tomato halves over each bread slice. Sprinkle half

of butter pieces over each; return bruschetta to oven for 1 minute, or until butter melts.

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Shopping List:

Banana-Manchego Bruschetta

- 1 large banana, peeled
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) olive oil
- 2 slices sourdough bread
- 250 ml (1 cup) arugula
- Pinch cayenne
- Pinch kosher salt
- 125 ml (1/2 cup) grated manchego cheese

Buttery Roasted Tomato Bruschetta

- 4 plum tomatoes
- Olive oil
- Kosher salt, black pepper
- 2 large slices sourdough bread
- 15 ml (1 tbsp) chopped fresh rosemary
- 45 ml (3 tbsp) butter, cut into very small pieces

A bad boy no more?

► Celeb chef Gordon Ramsay tired of persona that made him famous

The man who put the "F" in food says he's tired of being recognized only as the bad boy of haute cuisine.

"I don't get judged enough for what I put on a plate," said a soft-spoken Gordon Ramsay, using none of the scorching profanity that so often reduces his TV tirades to a series of bleeps.

"I get judged more, I suppose, as a persona from TV, which is a pain in the butt, to be honest," he said on the eve of yesterday's opening of his first restaurant in Canada.

"I have three Michelin stars, which was my first-ever ambition in cooking. Today's media, it has its good parts and its bad parts but judge me on the plate, not me on the TV."

The Scottish-born Ramsay's Montreal restaurant, has been a local favourite since 1936 when it opened as Rotisserie Laurier BBQ. Its now got a new name: the Laurier Gordon Ramsay. "Montreal in many ways chose me," he said, comparing Montreal to Paris. "I fell in love with the place literally five years ago."

He had come to Quebec to shoot a documentary on wild geese and found "a stunning foodie culture evolving here."

Ramsay, who has a reputation for putting flagging restaurants back on their feet, acknowledged he felt like he'd been taken to a retirement home when he was brought to Rotisserie Laurier BBQ for lunch two years ago.

"Businesses don't survive on nostalgia," he noted, saying he's confident old customers as well as new clients will be thrilled with what he's done.

"Good comfort, done with a twist," was how Ramsay described the establishment's offerings.

While Ramsay says he's just as excited opening his Montreal restaurant as he was opening his first eateries in London and Paris, he isn't looking at setting up in any other Canadian cities just yet.

"I'm a control freak so I want to get this one right first, focus on this one, silence the critics, let them know we haven't damaged their goods," he said. "Judge the food, don't judge me."

THE CANADIAN PRESS

Ramsay's eatery

Here's what you need to know about Gordon Ramsay's new Montreal restaurant.

► Head chef

Guillermo Russo is a Montreal native who has worked at such eateries as Toronto's Black Hoof and Lucien and Ottawa's Aroma.

► Renovations

The eatery is housed in a two-storey dining hall that's been given a newer, brighter and cleaner look.

► Cuisine

The staple comfort foods like chicken and ribs and steak familiar to several generations of customers are still on the menu.



► Ramsay

THE CANADIAN PRESS/ GRAHAM HUGHES

Dal's Farine Israel-bound

Dalhousie Tigers guard Simon Farine has landed a two-year contract with Maccabi Haifa of the Israeli Basketball Super League.

Farine, who wrapped up his fourth and final season at Dal this past March, earned the contract with the top-tier professional team after participating in a tryout in Florida in June.

The six-foot-two Toronto native averaged 19.1 points, 6.4 rebounds and 4.5 assists last season and is a two-time Atlantic University Sport playoff MVP and a four-time all-star. **METRO**

Herd taking pre-game to airwaves

The Halifax Mooseheads have announced they will host an in-house pre-game show for all regular-season home games in the Time Out Sports Lounge on the Metro Centre concourse.

The 30-minute show, which will be hosted by John Moore, will feature guests from the hockey community and begin 45 minutes prior home games.

Moore has been the voice of the Mooseheads for the past 15 seasons. **METRO**

Local standings

NOVA SCOTIA SOCCER LEAGUE EASTLINK PREMIERSHIP

MEN				
	W	L	T	PTS
X-HFX. CITY	7	0	6	27
X-HFX. DUNBRACK	8	4	2	26
X-SUBURBAN	6	5	3	21
X-DARTMOUTH	4	5	5	17
VALLEY	3	7	4	13
HFX. COUNTY	3	10	2	11

X — CLINCHED PLAYOFF SPOT

WOMEN				
	W	L	Pct	GB
Y-HFX. DUNBRACK	11	0	3	36
X-DARTMOUTH	9	3	2	29
X-VALLEY	6	5	2	20
X-CAPE BRETON	5	6	2	17
SUBURBAN	3	9	2	11
HFX. CITY	1	12	1	4

X — CLINCHED PLAYOFF SPOT

Y — CLINCHED FIRST OVERALL

NOVA SCOTIA SENIOR BASEBALL LEAGUE

	W	L	Pct	GB
X-DARTMOUTH	18	5	.783	—
HALIFAX	13	9	.591	4.5
KENTVILLE	12	11	.522	6.0
TRURO	7	13	.350	9.5
SYDNEY	6	18	.250	12.5

X — CLINCHED PLAYOFF SPOT

► Timberlea native targets Pro Stock Tour leader with four races remaining ► Sixth tour title would set a Maritime record



► Timberlea's Wayne Smith in his No. 44 Chevrolet Monte Carlo at the IWK 250.

Smith ready to make his move for Maritime record



MATTHEW WUEST
@METRONWS.CA

Wayne Smith is hoping one slight misstep hasn't derailed his drive for a sixth Maritime Pro Stock Tour title.

The Timberlea native has enjoyed a near-perfect summer, opening the season with four straight top-four finishes and placing in the top-five in seven of eight races overall.

But an 18th-place finish in the IWK 250 earlier this month has him in second place — four points behind defending champion Shawn Tucker — heading into the Atlantic CAT 250 on Saturday at Scotia Speedworld.

"We probably had one of the quickest cars there and we had a shot to win it, which would have kept us in good shape for points," said Smith, who only finished 194 laps of the IWK 250 because of a broken left rear hub.

"But that's part of racing — stuff happens."

The \$50,000 Atlantic

CAT 250 is one of the tour's biggest events, with nearly 5,000 spectators expected near the Halifax airport.

It's one of only three races on the tour with more than 100 laps, and Smith said he spent the past few weeks preparing, fixing small issues with his car.

"It's a long race, we

don't do a lot of 250s, and some of the stuff on the cars will break on you, and that's where it gives you trouble," he said. "You have to try to survive the first 175-200 laps and then try to be there for the last 50."

Smith would set a Maritime record with a sixth title, breaking his current tie with retired Greg Stewart. He had a shot last summer but struggled down the stretch to finish fifth.

There's little room for error if he hopes to overtake Tucker.

"There's no doubt about it," Smith said. "We're right there and that's what we're trying for. That was our plan this year."

Pro Stock

Top 10

Maritime Pro Stock Tour points standings after eight of 12 races, heading into the Atlantic CAT 250:

1. Shawn Tucker — 1,565
2. Wayne Smith — 1,561
3. Darren MacKinnon — 1,545
4. John Flemming — 1,532
5. Kent Vincent — 1,515
6. Shawn Turple — 1,512
7. Donald Chisholm — 1,476
8. Brad Mann — 1,440
9. Craig Slaunwhite — 1,434
10. Marty Prevost — 1,416

4

sports

In brief



London, Ont., has been officially added to the National Basketball League of Canada's roster of teams for the 2011-12 season. The city joins Oshawa, Ont., and an undisclosed city in Prince Edward Island, along with the founding teams the Halifax Rainmen, Saint John Mill Rats and Quebec Kebs. Moncton, N.B., is expected to round out the league in the near future.



Scan code for more sports.

Pirates finally win a series

The Pirates showed up in San Francisco mired in a 10-game losing streak with little going right. In two weeks, they'd fallen from first place to 10 games out.

Winning two from the reigning World Series champion Giants did a lot as Pittsburgh heads off to face NL Central-leading Milwaukee in an important matchup of division rivals.

Andrew McCutchen hit a two-run homer, Jeff Karstens bounced back from his worst start of the season and the Pirates won their first series in three weeks with a 9-2 victory over the struggling Giants yesterday.

Pittsburgh is off today before opening a weekend series with the Brewers, who have won all five previous meetings.

"We'll find out after the Friday night game, but we're going in with some confidence," Pirates manager Clint Hurdle said. "We were able to put a foot down and win a series on the road."

Garrett Jones added an RBI single to continue his torrid August and help back Karstens (9-6), whose career-high nine strikeouts matched a season high for the team. Karstens, who ended a four-start winless stretch, gave up a season-high nine runs and nine hits in a 15-5 loss at San Diego last Friday.

"It's good for us, especially heading into Milwaukee," Karstens said.

Pablo Sandoval homered for the Giants, who began the day with a half-game lead over Arizona in the NL West. The Diamondbacks host Houston in a night game. San Francisco has led the division since June 25.

San Francisco finished up a disappointing 3-7 homestand with its 10th loss in 13 games. The Giants have dropped three straight series at AT&T Park for the first time since losing six consecutive home series from May 12-June 18, 2008.

THE ASSOCIATED PRESS

Canadian loses to his idol

PAUL CHIASSON/THE CANADIAN PRESS

► Pospisil puts up fights, but falls to Federer in Rogers Cup second round

To Canada's Vasek Pospisil it was a dream outing on the court: an ATP main-draw event, a big crowd and his boyhood idol Roger Federer standing on the other side of the net.

Federer beat the 21-year-old from Vernon, B.C., in their Rogers Cup matchup yesterday in Montreal, but the 155th-ranked Pospisil didn't leave centre court without putting up a fight. He kept the first set close at ATPrix Stadium before Federer disposed of him 7-5, 6-3.

The Swiss star, playing his first match since turning 30 on Monday, said it's not the first time he's heard of a younger opponent's admiration.

"For me it was important to have role models to look up to, such as (Pete) Sampras and (Stefan) Edberg and so forth," he said after beating Pospisil.

"It gave me a huge lift to

be able to play in a big stadium against a big player — and I hope it does the same for him."

Pospisil said it felt like a dream walking onto the big stage.

"After that I concentrated on my game and I tried to forget that I was playing against Federer," said Pospisil. "At first I was a little bit nervous, for sure, but after the first couple of games I actually did calm down and I felt pretty calm out there."

Federer wasn't the only big name to survive a scare yesterday, as No. 1 seed Novak Djokovic had to storm back from a 4-1 deficit in the first set against Russia's Nikolay Davydenko to win 7-5, 6-1.

In his first ATP singles match since climbing to No. 1, the 24-year-old Serb improved his stunning 2011 record to 49-1 overall and 25-0 on hard courts.

THE CANADIAN PRESS

Canadians done



The Canadian women's singles contingent is finished at the Rogers Cup after both Aleksandra Wozniak and Stephanie Dubois dropped matches in Toronto yesterday.

- Wozniak, from Blainville, Que., lost to No. 10 seed Samantha Stosur 6-3, 6-4 and has never made it past the second round in eight tries at the Rogers Cup.
- Stephanie Dubois of Laval, Que., lost 6-0, 6-0 to world No. 4 Victoria Azarenka of Belarus last night to cap Canada's hopes.
- Top-seeded Danish player Caroline Wozniacki crashed out of the tournament to Roberta Vinci 6-4, 6-5 in the big surprise of the day.



► Vasek Pospisil reacts during his match against Roger Federer yesterday.

Jays deny sign-stealing accusations

ANDREW WALLACE/TORSTAR NEWS SERVICE



► Fans in Toronto hold up signs last night mocking accusations that the Jays have been stealing signs.

Jose Bautista wonders what it's going to be next.

"I'm intrigued to see what they're going to come up with next week or next year to try to decipher why we're playing good or why we're doing good or something," the Toronto Blue Jays right-fielder said before last night's 8-4 win against the Oakland Athletics.

The major-league home run leader was responding to an ESPN report that says at least four members of an

"There's zero truth to this. No one's ever contacted me. No GM has picked up the phone and called me."

JAYS GM ALEX ANTHOPOULOUS ON SIGN-STEALING ACCUSATIONS

opposing team — identified by Bautista as the Chicago White Sox — claim the Blue Jays stole signs during games at Rogers Centre.

Players in the visiting bullpen noticed a man dressed in white in the outfield in Toronto in April of 2010. According to the report, the players said the man made signals from the stands to Toronto batters, apparently alerting them to what pitch was coming.

Michael Teevan, the public relations director for Major League Baseball, said there are no clear rules when it comes to sign stealing. THE CANADIAN PRESS

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ANNOUNCEMENTS

Weddings



STEWART - JAMIESON

Stephen Gale Stewart (Father) as well as Patricia Claire Stewart (Mother) and Steven Michael Malone (Step-Father) are delighted to announce the engagement of their daughter **Angela Marie Stewart** of Dartmouth to

Reginald Lloyd Jamieson of Mulgrave, son of Lewis and Bertha Jamieson. The wedding is set to take place at the Ramada Park Place Plaza Hotel on August 13, 2011. The ceremony will be officiated by Reverend Blair Crawford.

Community Events

Come and join in celebrating **INDIA FEST**, Aug. 12, 13, & 14th 11am - 9pm at Halifax Forum. Food, entertainment, spices, cultural events etc. Free admission! **902-209-5031**

MISCELLANEOUS

Miscellaneous

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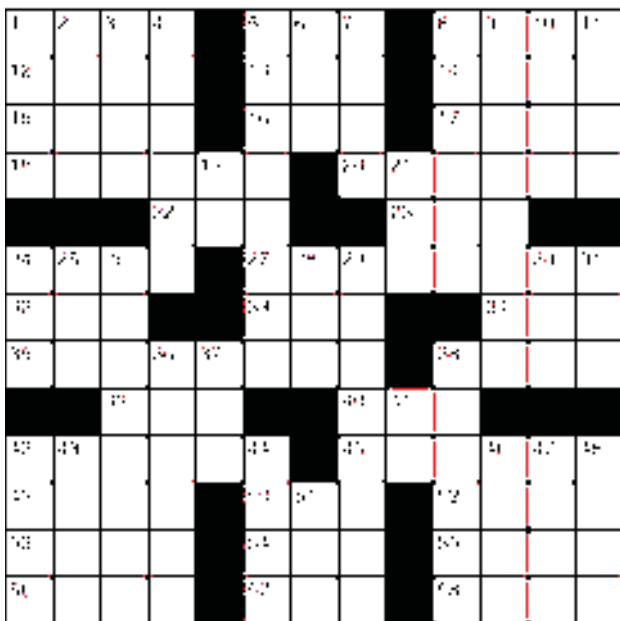
Available on the App Store



Crossword

Across

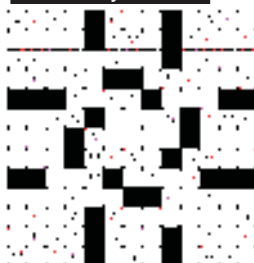
- 1 Nitwit
- 5 Scatter seed
- 8 At the peak of
- 12 Grand tale
- 13 Literary collection
- 14 Actor LaBeouf
- 15 Options list
- 16 Mainlander's me-mento
- 17 Sword handle
- 18 Spotted cat
- 20 Raids
- 22 Branch
- 23 Easter entree
- 24 Blend together
- 27 Arriving
- 32 Conger, e.g.
- 33 Actress Long
- 34 Sister
- 35 "Tobacco Road" author
- 38 Variety of Indian ox
- 39 Swiss canton
- 40 Past
- 42 Mourn
- 45 Doctors
- 49 Eye part
- 50 Singer DiFranco
- 52 Slanted lettering (Abbr.)
- 53 "A — home is ..."
- 54 Barbie's companion
- 55 Farm fraction
- 56 Act the robot
- 57 Ram's mate
- 58 Masticate
- Down**
- 1 Showroom sample
- 2 Oil acronym
- 3 Eat in style
- 4 Eyepeice



- 5 Place of drudgery
- 6 Inseparable
- 7 Homeless child
- 8 Religious retreat
- 9 Vitamin B1
- 10 Unctuous
- 11 Butter squares
- 19 Alternatively
- 21 "So that's your game, eh?"
- 24 Moment
- 25 Earl Grey, e.g.
- 26 Light up
- 28 Zero
- 29 Poison ivy aid
- 30 Gist

- 31 Wildebeest
- 36 Stylish
- 37 Triumph
- 38 Astrologer's chart
- 41 Big name in appli-ances
- 42 Prom-goers' ride
- 43 Bedouin
- 44 Snatch
- 46 Target for 29-Down
- 47 Concern
- 48 Passel
- 51 Just out

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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My All
Feelings I hold for you
come straight from the
core of my heart; You are
my heartbeat. I truly love
you and pray we be
together forever. With
you! LOL

jenilee
to my love of my life
princess buko pie, i really
miss you, the day is not
the same without you its
like peanut without butter,
ham without sandwich
and chicken without
wings. i just want to say
that i will always love you
till the end of time. lov u
always ROBERT

MADDIE Hatoner ;)
thinking of your gorgeous
SMILE, hope you have an
awesome day at school.
YOU ARE SO STUNNINGLY
BEAUTIFUL.....=)
H.BALLZ



Today's horoscope

♈ Aries March 21-April 20 You don't like to admit defeat but with your ruler Mars at odds with Pluto today, you may have to.
♉ Taurus April 21-May 21 A relationship that has been up and down is beginning to stabilize. Don't let minor irritations ruin it.
♊ Gemini May 22-June 21 Most likely what you thought was a problem is not a problem at all.
♋ Cancer June 22-July 22 If you feel physically and mentally exhausted, you must heed your body's warning and slow down.

♌ Leo July 23-Aug. 23 People will try to play on your feelings of guilt, but you must not let them succeed.
♍ Virgo Aug. 24-Sept. 22 A problem you have been struggling with will resolve itself today and the relief you feel will be euphoric.
♎ Libra Sept. 23-Oct. 23 If you allow yourself to dwell on negative imaginings, they could so easily lead to negative events.
♏ Scorpio Oct. 24-Nov. 22 Try not to take anything too seriously today, especially if you tend to dwell on perceived slights.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 It's good to remind people that behind that easygoing exterior is a sensitive human being.
♑ Capricorn Dec. 22-Jan. 20 If a friend seems a bit hostile, but you must not let it get to you.
♒ Aquarius Jan. 21-Feb. 18 You have bitten off more than you can chew. Decide what tasks are worth carrying on with.
♓ Pisces Feb. 19-March 20 If you let colleagues down it will damage your future prospects.
● SALLY BROMPTON

Caption contest



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Heated Seats, CD, Cruise, 51,488 km
\$12,990
H4092

'10 Hyundai Accent



AC, Power Mirrors, Power Locks,
CD, Cruise, Spoiler, 50,702 km
\$10,990
H4106

'10 Hyundai Elantra Sedan



AC, Power Mirrors, Power Locks,
Heated Seats, CD, Cruise, 50,499 km
\$12,990
H4107

'07 Ford Mustang



Alloys, AC, Power Mirrors, Power
Locks, 6 CD, Cruise, Spoiler, 71,624 km
\$15,990
15765A

'10 Hyundai Elantra Sedan



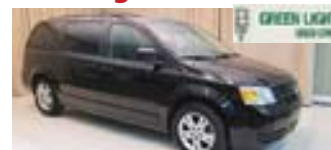
AC, Cruise, Power Mirrors,
Power Windows, CD, 45,249 km
\$13,990
H4099

'10 Hyundai Accent Sedan



AC, Cruise, Power Mirrors,
Power Windows, CD 44,907 km
\$11,990
H4096

'10 Dodge Grand Caravan



AC, Cruise Power Windows/Locks,
Spoiler, Tinted Glass, Alloys, 36,314 km
\$22,990
H4076

'08 Hyundai Accent Sedan



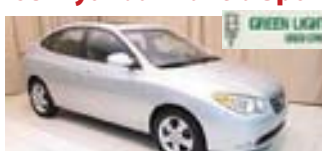
AC, Power Mirrors, Power Locks,
CD, Cruise, 93,255 km
\$9,990
25800

'06 Honda Civic



AC, Cruise, Power Mirrors,
Power Windows, CD, 61,634 km
\$11,990
25892A

'08 Hyundai Elantra Sport



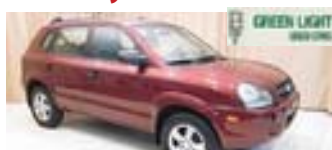
AC, Power Mirrors/Locks, CD,
Cruise, Spoiler, Fog Lights, 77,759 km
\$12,490
15733A

'09 Hyundai Santa Fe



Loaded, Heated Seats, Alloys,
Satellite, 47,200 km
\$21,490
15732A

'07 Hyundai Tucson



AC, Cruise, Alloys, Power Mirrors/
Windows, CD, 63,146 km
\$12,490
15658A

'09 Chev HHR



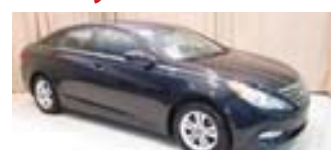
AC, Cruise, Power W/L, Tinted
Glass, Remote Start, 49,077 km
\$11,490
15183A

'08 Honda Civic



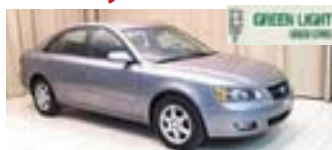
AC, Power Mirrors, Power Locks,
Alloys, Spoiler, CD, Cruise 52,756 km
\$14,490
03345A

'11 Hyundai Sonata GLS



Loaded, Heated Seats, Alloys,
Power Sunroof, 50,946 km
\$19,490
H4064

'08 Hyundai Sonata



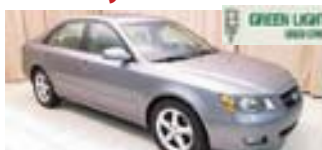
AC, Power Mirrors, Power Locks,
CD, Cruise, Alloys, Fog, 82,160 km
\$11,990
H4070

'08 Buick Allure



AC, Power Mirrors, Power Locks,
CD, Cruise, Alloys, 80,869 km
\$10,990
15408A

'07 Hyundai Sonata



AC, Power Mirrors, Power Locks,
CD, Sunroof, Alloys, 105,261 km
\$9,990
25827A

'11 Hyundai Elantra Touring



AC, Power Mirrors, Power Locks,
CD, Cruise, 24,153 km
\$17,990
H4109

'11 Hyundai Elantra Sedan



AC, Cruise, Power Locks,
Power Mirrors, Power Windows, CD,
Heated Seats, 21,067 km
\$19,990
H4111

'10 Hyundai Accent



AC, Power Mirrors, Power Locks,
CD, Cruise, Spoiler, 46,130 km
\$10,790
H4098

'10 Hyundai Sonata Sport



Loaded, Heated Seats, Alloys,
Power Sunroof, 52,942 km
\$15,490
H4035

'10 Hyundai Elantra Sedan



AC, Power Mirrors, Power Locks,
Heated Seats, CD, Cruise, 45,412 km
\$13,490
H4102



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